



# Education & Leisure : Adult

## Stay Young, Have Fun, Ages 18+

Improve cardiovascular functioning, endurance, muscle tone, and coordination. Improve flexibility through relaxation, deep breathing exercises, and stretching techniques.

Enjoy the benefits of aerobics with the rhythm of Broadway tunes and easy to learn dance steps. Bands and hand weights optional. Betty is a credentialed physical fitness teacher and licensed nurse. Betty uses tender loving care for our senior and adult men and women student clientele.

**Location:** Community Center  
**Instructor:** Betty Hanlon  
**Price:** \$25/\$22 *Resident Discount*  
**Tues/Thurs** 3:30-4:30pm  
 9/5-9/28 5003.509  
 10/3-10/26 5003.510  
 11/2-11/30 5003.511  
 12/5-12/21 5003.512  
 1/4-1/30 5003.601  
 2/1-2/28 5003.602

\*No class 12/26, 12/28

## Aerobic Dance & Exercise Ages 18+

Exercise your body and refresh your spirit with easy-to-follow aerobic dance classes. A low-impact exercise program, designed for all ages.

**Location:** Community Center  
**Instructor:** Kathy Fellers  
**Mon/Wed/Fri** 9:00-10:00am  
 12-class pass: \$37/\$32 *Resident Discount*  
 7/31-8/25 5001.508  
 8/28-9/25 5001.509  
 9/27-10/27 5001.510  
 10/30-11/22 5001.511  
 11/27-12/13 5001.512  
 12/15-1/10 5001.601  
 1/12-2/2 5001.602  
 2/4-2/24 5001.603  
 1-class pass: \$3.50/\$3 *Resident Discount*  
 7/31-8/25 5002.508  
 8/28-9/25 5002.509  
 9/27-10/27 5002.510  
 10/30-11/22 5002.511  
 11/27-12/13 5002.512  
 12/15-1/10 5002.601  
 1/12-2/2 5002.602  
 2/4-2/24 5002.603  
 \*No class 7/3, 9/4, 11/24, 12/25, 12/27, 12/29, 1/1

## Jazzercise Ages 18+

This class combines elements of Jazz Dance, Resistance Training, Pilates, Yoga, Kick-boxing and more to create truly effective programs for people of every age and fitness level. Call 773-4254 for more information.

**Instructor:** Jeanette Owen  
**Location:** Breen Elementary  
 Multi-purpose Room  
 2751 Breen Dr.,  
 Rocklin CA. 95677  
**Days:** Monday & Wednesday  
 6:00pm-7:00pm  
 Saturday  
 9:00am-10:00am

**Contact Instructor for current rates. Monthly passes & New Student offers are available.**

- 1-week free
- 1-month EFT W/3-months purchased
- Register on site or call 1(800)348-4748 or 773-4254

## Sunset Yoga Ages 16+

This Yoga class is designed to meet your need to relax at the end of your day. Release deep-seated tension and stress through stretching and breathing exercises. Develop strength, balance, and a sense of harmony.

**Location:** Sunset Center, Rm107  
**Instructor:** Susan Hewlett  
**Price:** \$42/\$37 *Resident Discount*  
**Wednesdays** 6:00-7:30pm  
 7/5-7/26 #5705.507  
 8/2-8/23 #5705.508  
 9/6-9/27 #5705.509  
 10/4-10/25 #5705.510  
 12/6-1/3 #5705.512  
 1/10-1/31 #5705.601  
 2/7-2/28 #5705.602  
 \*No class 12/27



## Tai Chi/Chi Kung Ages 18+

Chi Kung is not the usual pounding aerobics or running on hard pavement, but a more gentle and relaxed style of exercising. The exercises are easy to learn and can be preformed by students of all ages. Tai Chi is a series of slow movements combined with deep breathing used as a way to heal the body, focus the mind and center the spirit.

You will learn 35 movement short form. Also included are a series of warm-up stretches and stimulating breathing exercises. You will soon realize that Tai Chi and Chi Kung have improved your balance and coordination, reduced stress and increased your concentration and focus. Please wear loose clothing, comfortable shoes and bring water to drink.

**Instructor:** Spero Asimos  
**Location:** Sunset Center, Room 106  
**Price:** \$55/\$50 *Resident Discount*  
**Thursdays** 7:00-8:00pm  
 8/3-9/7 #4700.508 2/1-3/8 #4700.602  
 9/14-10/19 #4700.509 3/15-4/19 #4700.603  
 10/26-12/7 #4700.510 \*No class 11/23, 12/28, 1/4  
 12/14-1/25 #4700.512

# Education & Leisure : Adult

## Country Line Dance

**Ages 16+ or 12-16 with a parent**

Exercise and stay fit in a fun way! Dance to the quality sound of Pro-Audio equipment and Top Country hits while improving your skills as a dancer. Make new friends and meet people while learning new and traditional dances. Quality instruction by one of the area's leading line dance instructors.

### Beginning

No previous line dance experience required.

**Location:** Sunset Center  
Sunset Room

**Instructor:** Norm Gifford

**Price:** \$30/\$25 *Resident Discount*

**Wednesdays 8:00-9:00pm**

7/5-7/26 5953.507

8/2-8/23 5953.508

9/6-9/27 5953.509

10/4-10/25 5953.510

11/1-11/30 5953.511

1/3-1/24 5953.601

2/7-2/28 5953.602

*\*No Class: 11/2, 1/31, No December Classes*

### Intermediate

Previous line dancing experience is necessary.

**Location:** Sunset Center  
Sunset Room

**Instructor:** Norm Gifford

**Price:** \$31/\$26 *Resident Discount*

**Wednesdays 6:00-7:30pm**

7/5-7/26 5951.507

8/2-8/23 5951.508

9/6-9/27 5951.509

10/4-10/25 5951.510

11/1-11/30 5951.511

1/3-1/24 5951.601

2/7-2/28 5951.602

*\*No Class: 11/2, 1/31, No December Classes*

## Adult Jazz Ages 18+

Come join a nice way to exercise! Learn basic jazz movements, stretches, floor exercises and jazz combinations. The adult jazz class will start with a 20-25 minute stretch and exercise from long-time dance instructor Sue Inman.

**Location:** Sunset Center  
Sunset Room

**Instructor:** Sue Inman

**Price:** \$35/\$30 *Resident Discount*

**Mondays 7:30pm-8:30pm**

7/17-8/7 5008.507

9/11-10/2 5008.509

10/9-11/6\* 5008.510

11/13-12/4 5008.511

12/11-1/29\* 5008.512

2/5-3/5\* 5008.602

*\*No Class: 10/30, 12/18, 12/25, 1/1, 1/15, 2/19*

## Adult Tap Ages 18+

Learn to do the old soft shoe and other common tap steps in this beginning level class. Learn basic tap steps and simple combinations from long-time instructor Sue Inman.

**Location:** Sunset Center  
Sunset Room

**Instructor:** Sue Inman

**Price:** \$35/\$30 *Resident Discount*

**Mondays 6:30-7:30pm**

7/17-8/7 5009.507

9/11-10/2 5009.509

10/9-11/6 5009.510

11/13-12/4 5009.511

12/11-1/29\* 5009.512

2/5-3/5\* 5009.602

*\*No Class: 10/30, 12/18, 12/25, 1/1, 1/15, 2/19*

## Ballroom Dance Ages 15+

Have fun, meet new people, and enjoy the dance! Catch the excitement of learning to dance, or brush up on already acquired skills. Each session focuses on one dance, giving a solid base upon which to progress. Couples and singles welcome.



**Location:** Maidu Community Center, Roseville

**Instructor:** Sissy Kristiansen

**Price:** \$32/\$27 *Resident Discount*  
(per person)

**Thursdays 6:30-7:30pm**

**Cha Cha I**

7/6-7/27 5861.507

**Cha Cha II**

9/7-9/28 5861.509

**American Tango I**

10/5-10/26 5861.510

**American Tango II**

11/2-11/30 5861.511

**Fox Trot I**

1/4-1/25 5861.601

**Fox Trot II**

2/1-2/22 5861.602

*\*No Class in August & December and 11/23*

**Thursdays 8:00-9:00pm**

**Salsa I**

7/6-7/27 5860.507

**Salsa II**

9/7-9/28 5860.509

**E/C Swing I**

10/5-10/26 5860.510

**E/C Swing II**

11/2-11/30 5860.511

**Salsa I**

1/4-1/25 5861.601

**Salsa II**

2/1-2/22 5860.602

*\*No Class in August & December and 11/23*

## Action Direct Adventure Outfitters Ages 15+

**Seeking outdoor adventure? Find it here!**

- Explore Angel Island and Lake Tahoe in kayaks
- Take a day hike in the Sierras
- Tour the Wine Country on bicycle

To learn more call Bryan Weis (916) 257-6768 or to register visit the Rocklin Sunset Center 2650 Sunset Blvd.

# Education & Leisure : Adult

## American Red Cross First Aid & CPR

**Ages 13-Adult**

Red Cross courses listed fulfill requirements for emergency medical personnel and occupational needs. Book is required for Community CPR and Community First Aid & Safety and may be purchased for \$15 at the Rocklin Sunset Center or American Red Cross offices. *Book is required.*

### Community First Aid & Safety Monday, Wednesday, Friday

Learn emergency rescue procedures for adult, infant and child in choke rescue, rescue breathing and CPR. Includes basic first aid procedures for cuts, burns, broken bones and sudden illness, fainting, diabetes, poisoning, overexposure to heat and cold. Upon successful completion, participants will receive a certificate for Adult, Child & Infant CPR valid for one year and a First Aid certificate valid for three years.

*Book Required.\**

### Adult CPR & First Aid Monday, Friday

Learn emergency rescue procedures for the adult in choke rescue, rescue breathing, and CPR. Includes basic first aid and procedures for cuts, burns, broken bones and sudden illness, fainting, diabetes, poisoning, overexposure to heat and cold. Upon completion, receive an Adult CPR certificate valid for one year and a First Aid certificate valid for three years. *Book Required.\**

### Community CPR Monday, Wednesday

Learn emergency rescue procedures for adult, infant and child in choke rescue, rescue breathing and CPR. Upon successful completion, participants will receive a certificate for Adult, Child & Infant CPR valid for one year. *Book Required.\**

### Basic First Aid Friday

Learn basic first aid procedures for cuts, burns, broken bones and sudden illness, fainting, diabetes, poisoning, over exposure to heat and cold. **Does not include CPR training.** Upon completion, receive a First Aid certificate valid for three years. *Book Required\**

### First Aid Supplement Friday

Participants must have completed an Adult CPR course **within the past 12 months** to attend this course. CPR cards will be checked prior to the start of class. Upon completion, receive a First Aid certificate valid for three years. *Book Required\**

**Location:** Sunset Center  
**Instructor:** Bob Senecal  
**Community First Aid**

**Price:** \$61/\$56 *Resident Discount*  
**M/W/F** 6:00-10:00pm  
7/17-7/21 5310.507  
9/11-9/15 5310.509  
2/5-2/9 5310.602

### Community CPR

**Price:** \$46/\$41 *Resident Discount*  
**M/W** 6:00-10:00pm  
7/17-7/19 5320.507  
9/11-9/13 5320.509  
2/5-2/7 5320.602

### Adult CPR & First Aid

**Price:** \$46/\$41 *Resident Discount*  
**M/F** 6:00-10:00pm  
7/17-7/21 5315.507  
9/11-9/15 5315.509  
2/5-2/9 5315.602

### Basic First Aid

**Price:** \$36/\$31 *Resident Discount*  
**Friday** 5:00-8:30pm  
7/21 5325.507  
9/15 5325.509  
2/9 5325.602

### First Aid Supplement

**Price:** \$31/\$26 *Resident Discount*  
**Friday** 6:00-8:30pm  
7/21 5326.507  
9/15 5326.509  
2/9 5326.602

\* Community First Aid & Safety Book \$15

## American Red Cross Re-Certification

Red Cross courses listed are designed to recertify your current training. Come prepared to provide proof of current training and certification within the past 12 months. The following courses fulfill requirements for emergency medical personnel and occupational needs.

### Adult CPR Ages 13+

Designed for you to recertify your Adult CPR card. Upon completion, participants will receive a certificate for Adult CPR valid for one year.

### Community CPR Ages 13+

Designed for you to recertify your Adult, Child & Infant CPR card. Upon successful completion, participants will receive a certificate valid for one year.

\* Community First Aid & Safety Book \$15

**Location:** Sunset Center  
**Instructor:** Bob Senecal  
**Adult CPR Re-Certification**

**Price:** \$36/\$31 *Resident Discount*  
**Thursday** 6:00-8:00pm  
7/20 5335.507  
9/14 5335.509  
2/8 5335.602

### Community CPR Re-Certification

**Price:** \$46/\$41 *Resident Discount*  
**Thursday** 6:00-9:00pm  
7/20 5340.507  
9/14 5340.509  
2/8 5340.602

# Education & Leisure : Adult

## Beginner Watercolor Workshop

**Ages 7-12**

Artist Gayle Rappaport-Weiland introduces you to the wonderful world of watercolor. This class is designed to give your child both a creative and educational experience in the use of watercolor tools and techniques. All quality materials provided.

Class size is limited.

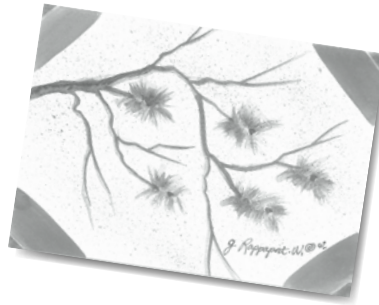
**Location:** Sunset Center, Room 104

**Instructor:** Gayle Rappaport-Weiland

**Price:** \$35 / \$30 *Resident Discount*

**Wednesday 3:30-5:30pm**

9/27 4907.509



## Golf Lessons

**Ages 10 to Adult**

Under the instruction of Sunset Whitney Country Club golf professionals, students learn the basic fundamentals of golf, including full swing, chipping, and putting. Clubs and balls are available upon request, but most golfers bring their own. Dress code strictly enforced. Call (916) 624-2610 for details.



*Club closed on Mondays.*

**Location:** Sunset Whitney Country Club  
**Instructor:** Country Club Staff  
**Price:** \$92/\$87 *Resident Discount*

**Saturdays 1:00pm-2:00pm**  
 7/29-8/26 5410.507  
 9/9-10/7 5410.509

## Why sit on the sidelines?

### Get on the Team!

## City of Rocklin Adult Sports

We offer a variety of recreational and competitive sports for adults throughout the year. Leagues are offered for softball, basketball, flag football, and indoor volleyball.

***Our program is designed to enhance physical fitness through competitive activities and to foster a spirit of fair play and sportsmanship.*** We also offer a Free Agent program and a Drop-In Sports program. All participants in the City of Rocklin Adult Sports Program must be 18 years or older. All skill levels are welcome to join.



**For more information  
 see page 29 or call  
 (916)625-5200.  
[www.rocklin.ca.us](http://www.rocklin.ca.us)**



## Country Western Line Dances



**First Friday of the month  
 at Clarke Dominguez Gym,  
 7:30-10:00pm.**

**See page 24 for dates & details.**